

Psy11

Field Trial of Using Remotivation Therapy in Adult Psychiatry

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Background: Remotivation Therapy is one kind of psychotherapy for people with mental illness or with chronic medical conditions. It emphasizes respect of each human individual in a stress-free environment and helps to induce fulfilment of their fundamental emotional needs as well as relating them to reality. This study aimed to evaluate its applicability in the Hong Kong context for people with mental illness. **Methods:** Two Remotivation Therapy programmes were conducted by 2 certified remotivation therapists for in-patients and out-patients of a psychiatric hospital with 12 sessions of each respectively according to the five steps as stipulated in the remotivation training manual. Convenience sampling for field trial was adopted. Pre/post-test comparison using non-parametric Marginal Homogeneity Test for testing the statistical significant changes were performed. **Results:** Participants ($n=10$) demonstrated significant improvement in memory recall ($p=.034$), speech ($p=.046$), comprehension ($p=.025$), group relationships ($p=.020$), interest ($p=.034$) and participation ($p=.025$) as measured by the standardized Remotivation Therapy Program Evaluation Form. 90% of participants showed to have some improvement of their psychosocial functioning. Besides, positive feedbacks from the participants were received and they were more willing to participate in subsequent rehabilitation programmes designed for them, which aimed for community re-integration. **Conclusion:** The field trial of Remotivation Therapy for people with mental illness was shown to be effective in raising their motivation in treatment participation. Further vigorous design will be adopted in our future study so as to investigate more in-depth about its clinical applicability to different diagnostic groups. Details of the programme content and our clinical experience about its applicability in the local Chinese culture will be shared.

Psy13

Application of Kawa Model Using Occupation-based Activity

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Background: Various conceptual models originated from Western epistemology have been postulated in occupational therapy to guide our clinical practice. In contrast, Iwama has proposed the Kawa (meaning “river” in Japanese) Model in Asian contexts (2006 & 2007) which metaphorizes one’s subjective views of self, life, well-being and the meanings of occupations to be the river. **Methods:** The Kawa project aimed to help therapists and patients to view patients’ problems and life in a more culturally relevant manner. Instead of using solely remedial activities and functional training, each patient was invited to build their Kawa Model by decorating a scenic picture and was then facilitated to self express in writings and discussion with reference to his/her own Kawa Model. **Results:** Four high level tetraplegic patients had participated in the project. By using the River metaphor as a framework, the patients were more able to visualize their assets and life circumstances. Ultimately, positive experience and thinking was promoted with this meaning-centered approach. Additionally, therapists were able to understand more thoroughly the contextual nature of the patients’ life situations, past and present, their difficulties and challenges from patients’ perspectives. **Conclusion:** The Kawa Model helps one picture one’s life as a stream of river temporally and also visualize assets and limitations in a more context-oriented manner. The Kawa project illustrates the application of a culturally relevant model which serves as a media to help patients to re-create meaning in their life and hence promote positive experience and thinking during and after they are discharged from the hospital.

Psy14

A Pilot Study on Enhanced Discharge Occupational Therapy Service (Home Leave Programme) for High-risk Psychiatric Patients

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Background: The trend in reduced length of hospitalization had major impacts on psychiatric rehabilitation, especially on high-risk patients who had poor coping skills, poor social support and a history of self-harm. This study evaluated a pilot enhanced discharge programme which provided continuity of care for high-risk psychiatric patients during their home leave trial period in Tai Po Hospital. **Methods:** A total of 24 high-risk patients were referred for occupational therapy home leave programme during 2007. The home leave programme emphasized on reconstruction of daily routine, preparation for vocational training and enhancement of community living skills. The evaluation outcome included time use pattern, coping and response inventory, WHO-5 and Satisfactory Survey. **Results:** There was a significant change in the time use pattern, patients spent less time on personal care and sleep, and more time in paid work and social activity after the service. Those patients who idled at home before were willing to receive community rehabilitation services. Furthermore, there was a reduction of avoidance coping behaviours. The satisfaction survey showed over 50% of them was highly satisfied with the service and was helpful in facilitating community reintegration. **Conclusion:** The home leave programme was valuable for high risks psychiatric patients during the early phase of rehabilitation in community. Nevertheless, the service was labour intensive and needed extract resources to extend the service to all high risk psychiatric patients.

Psy15

Relationship Changes Between People With Dementia and Their Family Members Concerning Caregiving

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Background: Studies reporting rehabilitation towards people with dementia are available in Japan; however, studies addressing the viewpoints from families as caregivers are limited when considering psychosocial supports. Thus, this study aims at clarifying the relationship changes between families and those caregivers caring for people with dementia. **Methods:** Participants who take care of people with dementia at home were recruited. Focus group interviews were used and participants were encouraged to talk freely. Interviews were held at two houses and taped. Data was extracted concerning the relationship changes between family members and people with dementia. Extracted data was categorized with the KJ method. And this research protocol was reviewed at a university. **Results:** Participants were six women and four men with average age being 64.3 (range, 56–73) years old. The average length of caregiving experiences was 4.2 years. Five major categories were extracted from the relationship data: alternation of caregivers, providing information, emotional support, ADL support, and support for specific circumstances. Five major categories were extracted from the changes of the relationship data: finding new familiar ties, meeting new people, reconstruction of life, changes of life style, and life design. **Conclusion:** It was clarified that changes of relationships due to caring for people with dementia at home had positive and negative aspects; Positive aspects included finding new familiar ties, reconstruction of life and meeting new people while negative aspects were changes which families were forced to do that differed from their life style and life design.